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РЕДАКТОРИ ЖУРНАЛУ
ПРОМІНЬ
у ці святкові дні вітають
З РІЗДВОМ ХРИСТОВИМ
І НОВИМ РОКОМ

Дост. Соню Бейзик, крайову голову Союзу Українок Канади та центральну управу.
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все духовенство та шановних добродійок.
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Крайову Референтку Променя - Галю Щерблюк, провінційних і льокальних референток журналу,
та віх наших дорогих читачів, передплатників, жертводавців, дописувачів та всіх тих що
підтримують журнал морально і фінансово.

ХРИСТОС РОЖДАЄТЬСЯ! СЛАВІМО ЙОГО!

ХАЙ МАТІР БОЖА ВАС ОХОРОНЯЄ, СІЯЄ ЗІРКА ВТІХИ ЗОЛОТА,
ІСУС ХРИСТОС З НЕБЕС БЛАГОСЛОВЛЯЄ,
НА ЩЕДРІ, ДОВГІ, МОГІЇ ЛІТА!

At this joyous time of the birth of our Lord Jesus Christ
THE EDITORS OF PROMIN
extend Season's Greetings to

Sonja Bejzyk, National President of the Ukrainian Women's Association of Canada,
Michael Zaleschuk, National President of the Ukrainian Self-Reliance League of Canada,
Andy Skrypniak, National President of the Ukrainian Self-Reliance Association
Lydia Talpash, National President CYMK - Ukrainian Orthodox Youth,
Jennie Ortynsky, Chairman of the Board, Ukrainian Museum of Canada - UWAC
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His Beatitude Metropolitan Wasyly, Archbishops John and Yurij,
Rt. Rev. Mitred Wasyl Makarenko, Chair of the Presidium UOCC, all clergy and their families.
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all subscribers, supporters and contributors.

CHRIST IS BORN! LET US PRAISE HIM!

Христос Рождається!

Я і дім мій служитимемо Господеві
[Навина 24:15]

Надходять милі кожному серцю дні Різдвяних Свят. Перед нашими духовними очима з'являється вічна Божественна картина найбільшої Тайни -- народження для нашого спасіння Сина Божого. Яке величне та прекрасне це свято, що сповняє наші серця невимовною радістю! Новонароджене Боже Дитятко в убогій Вифлеємській печері єднає небо із землею! Велично оспівує це Божественне Єднання наша Свята Православна Церква:

Небо й земля сьогодні з'єдналися, бо Христос народився, і сьогодні Бог на землю прийов, а чоловік на небо підноситься.
[Стихира Різдва Христового]

І Слово сталося Тілом, і перебувало між нами, повне благодаті та правди, і ми бачили славу його, славу як Однородженого від Отця!
[Іоанна 1:14]

Служімо нашому Новонародженому Господеві нашою жертвенністю, яку Він поставив за умову до нашого спасіння. Ідімо за прикладом мудреців і щедро обдаровуймо і нашу Церкву пожертвами на фундацію Української Православної Церкви в Канаді.

Служімо Господеві нашою місійністю. Місійність - це одне із важливіших завдань нашої Церкви - шукати, знаходити, допомагати та спасати. Отже, шукаймо заблудших, долею скривджених, хворих та опущених, знаходьмо їх та допомагаймо їм в і'мя Новонародженого.

З цими думками радісно вітаємо нашу улюблену паству та всіх братів і сестер українців із Святом Різдва Христового, бажаючи безмежних ласк Божих та Божого Благословення. Нехай наші думки, огріті братською любов'ю, линуть до наших братів і сестер в Україні.

Вітаючи Вас, дорогі отці, брати і сестри, з Новим 2003-им Роком, молимо Господа Бога, щоб обдарував Вас добрим здоров'ям, успіхом у житті й вірі, а нашу Українську Православну Церкву в Канаді, Своїми великими й багатими щедротами й милостями.

Об'єднані у Христі любов'ю, святкуймо велично і радісно. З нагоди Різдва Христового нехай зродиться в нас сильне бажання служити Господеві нашому. У день Різдва Христового прийдімо всі до Його Святого Храму разом з діточками нашими і приречімо Новонародженому служити Йому цілим домом своїм!

† ВАСИЛІЙ, Митрополит
† ІВАН, Архиєпископ
† ЮРІЙ, Архиєпископ

Christ Is Born!

"As for me and my house, we shall serve the Lord."
[Joshua 24:15]

The days of the Feast of the Nativity approach, which are dear and beloved in the hearts of all. The eternal Divine scene of the greatest Mysteries -- the birth of the Son of God for the sake of our salvation -- is revealed before our spiritual eyes. How great and wondrous is this feast that fills our hearts with such joy! The Newly Born Son of God, who lies in a simple Bethlehem manger, unites heaven and earth! Majestically, the Holy Orthodox Church sings of this Divine Union:

"Heaven and earth are now united for Christ is born.
Today God is come down to Earth and man has arisen to Heaven."
[Sticheron of the Nativity of Christ]

"The Word was made flesh, and dwelt among us (and we saw His glory, the glory as of the only Begotten of the Father) full of Grace and Truth!"
[John 1:14]

Let us serve our Lord with our generosity, which He puts as accord to our salvation. Let us follow the example set by the Magi -- let us be as generous in support of our Ukrainian Orthodox Church of Canada Foundation.

Let us serve the Lord as missionaries. Mission is one of the most important tasks of the Church -- to seek, to find, to aid and to save. Therefore let us search for those who are lost, fatefully deprived, the sick and the deserted, let us find them in the name of the Newborn.

With these thoughts we greet joyfully our beloved flock and all our Ukrainian brothers and sisters with the Nativity feast of Christ, wishing God's utmost grace and His blessings. Let our thoughts, warmed by brotherly love, go out to our brothers and sisters in Ukraine.

Greeting you, beloved Fathers, brothers and sisters with the new 2003rd year, we pray to our Lord God to give you robust health, success in life and faith in our Ukrainian Orthodox Church of Canada, blessing you with His great and generous grace and mercy.

United by love in Christ let us celebrate magnificently and joyfully. On the occasion of Christ's Nativity, may a strong desire to serve our Lord be born in us. On the day of the Nativity, let us all come to His holy temple together with our children and pledge to the Newborn to serve Him with our whole household!

† WASYLY, Metropolitan
† JOHN, Archbishop
† YURIJ, Archbishop

З РІЗДВОМ ХРИСТОВИМ
І НОВИМ РОКОМ

сердечно вітаємо

Митрополита Василія, Первоієрарха Української Православної
Церкви в Канаді, Патрона Союзу Українців Самостійників,
Високопреосвященних Владик Івана і Юрія,
митр. прот. о. Василя Макаренка - голову Президії Консисторії,
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Шановних добродійок та всіх вірних УПЦК.

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та увесь український народ в Україні та в розсіянні сущих

Бажаємо всім щастя, здоров'я, згоди, любови та єдности в праці!

ХРИСТОС РОЖДАЄТЬСЯ! СЛАВІМО ЙОГО!

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Торонто, 8.12.2002

РІЗДВЯНИЙ ПРИВІТ СВІТОВОГО КОНҐРЕСУ УКРАЇНЦІВ

І знову зірка сходить над Вифлеємом
І знову світ радіє, що народився наш Спаситель Ісус Христос
І знову всі народи величають свято Різдва Христового
І наш український народ радіє цьому святу вже 12-ий рік в незалежній державі
Отже святкуймо це свято величаво, глибоко і тривало.

Різдво Христове - це свято радости, єднання і жертвенности та час для аналізу минулого. Нехай кожний з нас цього року на Святій Вечері запалить одну свічку за мільйони жертв, які померли жахливою смертю 70 років тому під час Великого Голоду в Україні 1932-33 рр., одну свічку за воїнів Української Повстанської Армії, які віддали своє життя за волю України і за наших близьких родичів, які відійшли від нас та ще одну за добробут і кращу долю наших братів і сестер в Україні. Нехай це не буде хвилиною, моментом, чи подією, але початком нового життєвого процесу – любови до ближнього.

В цей радісний і світлий Різдвяний час Президія Секретаріяту Світового Конгресу Українців вітає український народ на рідних землях та в діяспорі, ієрархів Українських Церков та об'єднань, все наше членство, Президента України, Прем'єр-міністра, Голову Верховної Ради, урядовців України і тих держав, де проживають наші земляки. Бажаємо всім їм і їхнім родинам веселих свят Різдва Христового і щасливого Нового року. Щоб ці святкові дні дали їм натхнення і наснагу далі працювати для кращого майбутнього на користь нашої Батьківщини України і українських громад в діяспорі.

Ми звертаємося до Новонародженого Дитятка, щоб послав мир і злагоду на весь світ і на нашу Україну та закликаємо всіх Вас посилити свої молитви до Нього з подякою за всі блага, які Він посилає на людський рід і на український народ.

Христос Народився ! **Славімо Його!**

Аскольд Лозинський
Президент

Віктор Педенко
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Світлу Консисторію, все Духовенство, добродійок,
Редакцію Вісника, та всіх вірних УПЦК

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Хай Всемогучий Господь наділить всіх нас силою, здоровям та одержимістю для дальшої плідної праці у збереженні нашої орґанізації СУС, нашої Української Православної Церкви в Канаді, та у скріпленні Української Держави!

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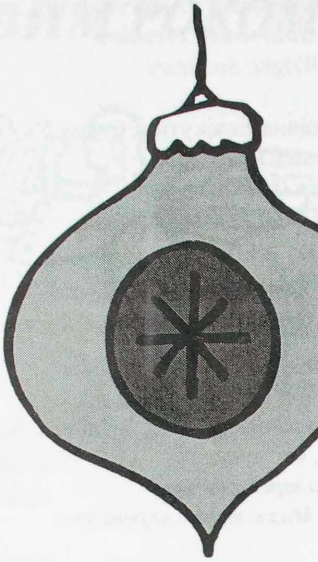

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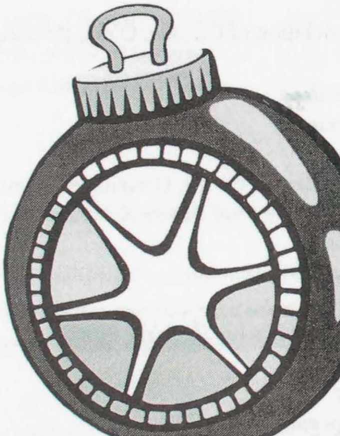

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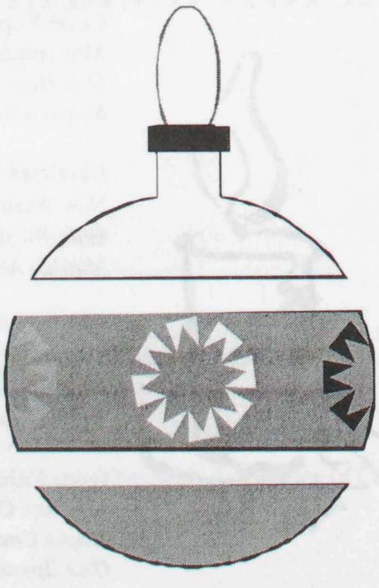

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Новий Рік!

На Херсонщині:

А в полі, полі, сам Господь ходив,
Сам Господь ходив, зерно розносив.
Діва Марія Бога просила:
<Уроди, Боже, жито пшеницю
Жито, пшеницю, всяку пашницю>
Сію, вію, посіваю, з Новим Роком поздоровляю.
Будьте здорові з Новим Роком і з Василем.
Дай Боже!

На Київщині:

Сію, вію, посіваю, з Новим Роком поздоровляю.
На щастя, на здоров'я та на Новий Рік,
Щоб уродило краще, як торік, -
Жито, пшениця і всяка пашниця,
Коноплі під стелю, на велику куделю,
Будьте здорові з Новим Роком та з Василем.
Дай, Боже!

На Поділлі:

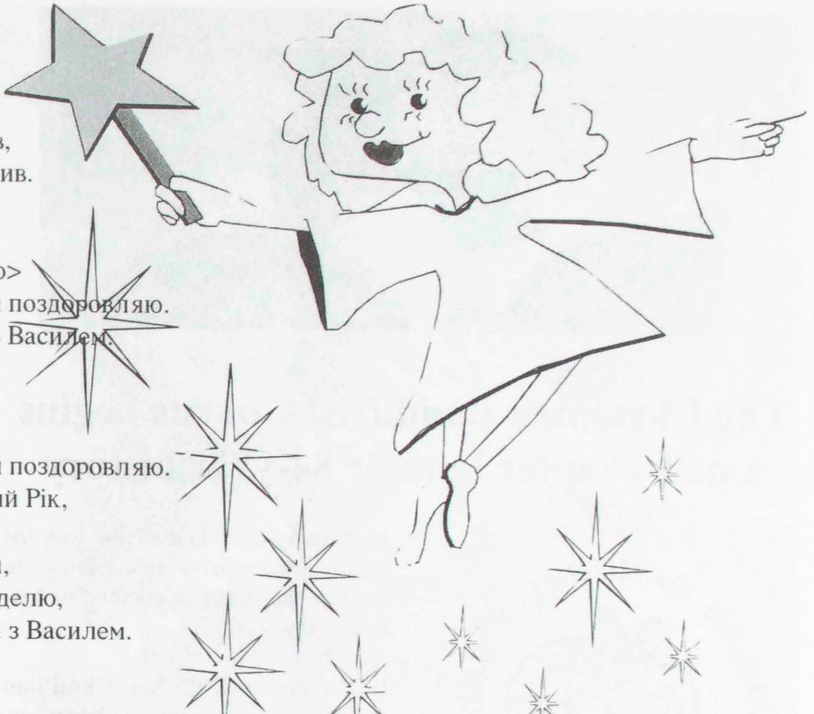
Сійся, родися, жито, пшениця, всяка пашниця
На щастя, на здоров'я та на Новий Рік,
Щоб уродило краще, як торік, -
Коноплі під стелю, а лен по коліна,
Щоб вас, хрищених, голова не боліла.
Будьте здорові з Новим Роком.
Дай, Боже!

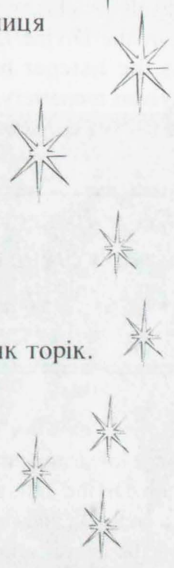
На Буковині:

Сійся, жито, пшениця, всяка пашниця,
На цей Новий Рік, щоб ся вродило ліпше, як торік.
Дай вам, Боже, в щасті, в здорові дочекати
Від Нового Року до Богоявління,
Від Богоявління - до ста літ.
Поки Пан Бог назначить вік!
Дай, Боже!

На Гуцульщині:

Сійся, родися, всяка пашниця: жито, пшениця,
Ячмінь, овес, гречка, горох, сочевиця,
Та на цей новий рік най вам дасть Господь Бог,
Щобисьте біди-смутку не знали,
В щастю, здорвю многі літа проживали,
А по смерті царство небесне оглядали,
Гаразд вам, мир Божий зо всіма вами!





Різдв'яна ніч

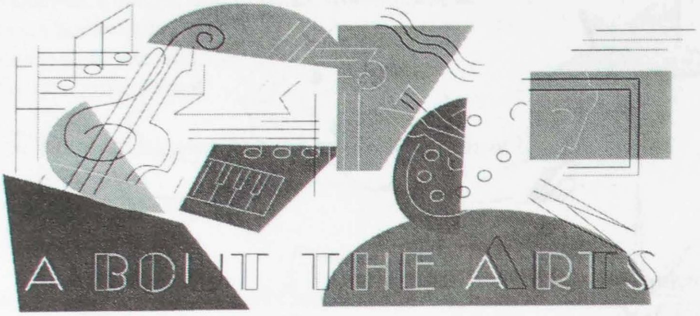
Як тихо скрізь. В глибокім сні
Сповнився мрійно Вифлеєм,
А в небі зіроньки рясні
Над славним тішаться Царем.

Далеко десь, лунає спів
В небесній Божій висоті.
То людям кращих світлих днів,
Звіщають анголи святі.

Небесні арфин золоті,
В цю пору весело бренять;
Дитині - неба красоті
Хвалу віддати там спішать.

Як ти скрізь. В душі моїй
Все сяє нічка різдв'яна;
На честь Дитині неземній,
Нехай повік живе вона.

С. Бичковський



The Ukrainian Bandurist Chorus begins a new chapter in their 84-year history

by Oksana Sushko

You are in an ancient Kyivan monastery. Silently, you scan the rows of catacombs, reverently displaying the remains of our Lord's stewards. From the humid depths of the tomb, you prayerfully glide down the aisles, lifted by the haunting yet joyous melodies of the Divine Liturgy, being celebrated in the chapel above you. The chants are both serene and glorious, at once a soft hum of reverence, and then a mighty chorus of praise. You are transported to the core of holy tradition - its mystery and unwavering beauty.

Liturgical music, particularly that which has been faithfully preserved for centuries, is a unique and powerful mode of prayer. We sing praises and petitions to God, in dialogue with the priest, amidst icons and incense, to create a wondrous celebration of harmonious worship.

In November 2002, the Ukrainian Bandurist Chorus, with its headquarters in Detroit, Michigan, released a recording of the Divine Liturgy that transports the listener back to the ancient Kyivan monastery, immersed in the mysteries of holy tradition.

A Divine Liturgy that transports the listener back to the ancient Kyivan monastery...

"Golden Echoes of Kyiv" presents a diverse range of arrangements in the songs of the Divine Liturgy. In this, their first a cappella and first liturgical recording, the Ukrainian Bandurist Chorus explores the reverence and meaning in the collective harmonies of their gifted voices. The demands of liturgical music are entirely different from that of the Chorus' traditional energetic folk repertoire. Ukrainian liturgical music moves within a wide range of dynamics, demanding the total vocal control of each singer to achieve a seamless and unified offering to the celebrant.

Anatoli Murha, President of the Ukrainian Bandurist Chorus and Executive Producer of the CD, feels that the recording may have been sparked in part by a recent spiritual resurgence in the community. He says that although the recording may be a departure from the Chorus' historical tradition, it in fact brought the group back to the very roots of music. In particular, to Kyiv - where the tradition of Ukrainian liturgical music began.

At the foundation of this project, Maestro Oleh Mahlay is sixth in an illustrious line of world-class conductors since the Ukrainian Bandurist Chorus came to North America in 1949. When he became the Chorus' artistic director and conductor in April 1996 at the age of 26, Maestro Mahlay's musical diversity and love for bandura and Ukrainian music brought a new and exciting vision to the group.

"Golden Echoes of Kyiv" is indeed their most unique project since 1949. The recording was made in two different churches - St. Stephen's Ukrainian Orthodox church in Brunswick, Ohio and St. Josephat's Ukrainian Catholic church in Warren, Michigan. The result is a seamless prayer of over 40 voices singing as one. The voices of numerous soloists, together with that of V. Rev. Pavlo Bodnarchuk of St. Mary's Protectress Ukrainian Orthodox Cathedral (Southfield, Michigan), blend with the choir in powerful worship.

For the Ukrainian Bandurist Chorus, "Golden Echoes of Kyiv" has not only extended their musical abilities to a higher level, but has also brought them together more solidly as a choir, according to Executive Producer Anatoli Murha. In 2003, the Chorus will take their harmonious voices to Eng-

land, France, Germany and Austria, presenting 7 concerts, and singing 3 Divine Liturgies, including one in Paris' Notre Dame Cathedral.

Murha, who joined the Chorus 10 years ago at age 14 - a "dream come true" for him since picking up the bandura at age 11 - is looking forward to the tour as an opportunity to share the beauty of Ukrainian liturgical music with the world, and to increase the Chorus' musical diversity. He mentions that future projects may include an instrumental CD, perhaps joining with other choirs or instrumentalists.

For more information on the Ukrainian Bandurist Chorus, please write to:
Ukrainian Bandurist Chorus
PO Box 12129
Detroit MI 48212

Or visit their website at www.bandura.org. CDs or cassettes of their various projects can be purchased via this site.

The Ukrainian Bandurist Chorus

Lest We Forget: Keeping Traditions

by Ginny Nieuwsma
Reprinted from The Handmaiden

To hear Mother Victoria of St. Barbara's Monastery tell it, growing up in the Ukrainian Orthodox Church was a rich and memorable experience at Christmastime. After carefully observing the Advent Fast in December, she remembers looking for the first star in the sky on the Eve of Nativity as a signal that the meal would begin. Before breaking bread, she and her family would always feed the animals first, in honour of their role on the night of Christ's birth. Then to the table they would go, where the meal consisted of twelve dishes ranging from appetizer to dessert, all honoring the Twelve Apostles. Under the tablecloth, straw or hay lay ceremoniously tucked away, and the meal would be interrupted from time to time with caroling.

It is almost axiomatic to say that the Orthodox Church is rich in traditions, and not just during the season of the Nativity. Yes, we are all familiar with our sacred, Holy Tradition, which is composed of our liturgical life, Scripture, the pronouncements from the Ecumenical Councils and the writings of the Fathers. Doctrine about Trinity, or teaching about feasts such as the Dormition and fasts such as the one before the Eucharist, all make up the venerable body of capital "T" Tradition with Orthodoxy.

Yet also woven into the tapestry of this vibrant hanging are numerous small "t" traditions practiced by the faithful down through the centuries. Layer upon layer, these colourful threads have been added, differing from culture to culture and evolving over the course of time. The examples cannot be exhausted: we bless fruit at the Transfiguration, decorate with flowers in our homes and churches throughout the year, eat special recipes and bake special breads at Pascha, throw bay leaves around the temple on Holy Saturday, make the sign of the cross over our pillows before going to bed, and bake our communion bread using unique prayers and procedures.

Why do we do these things? What difference does it make whether our dyed eggs on Pascha are red or blue? Why should we eat without plates on the day we commemorate the Beheading of Saint John the Baptist? Why does it matter if we make a special recipe to eat in remembrance of our departed loved ones?

A Vote for Our Ancestors

The renowned Christian English writer and philosopher G. K. Chesterton used to be fond of saying that tradition is nothing more than giving our ancestors a vote. Or as an African saying puts it, "To go back to tradition is the first step forward." Nothing inverts today's conventional wisdom more than this idea, that people before us might actually have known something that we need to know. In our era, old age is a trial to be feared and avoided, through plastic surgery if necessary; youthful voices speak the loudest, and we trust most in the internet and our instant information sources. In this, we have lost a great deal, and the Church can restore this wisdom to us if we keep her traditions alive. Those who have come before speak with a collective wisdom about life and eternal truths, and about how to pass those on to the next generation. We must keep this process of handing down the faith active. Strengthening this link between the past and the future is the best way to guarantee that our children will know what's important, and what must be cherished.

Building Blocks for Life

These customs and traditions serve life," writes Mary Paloumpis Hallick, "contribute to it, build it, and are to be maintained and upheld. It is these customs that provide a distinct identity to each group...(they are) our treasures...to be guarded, protected proclaimed and passed on to the generations to come." As human beings, we crave events to look forward to, and anticipation sparks joy and creativity. In Orthodoxy, our lives and memories are built from event to event, in a cycle that repeats itself but

somehow never gets old. Children especially, but all of us really, thrive on routine, and herein is built for us, and them, a sense of safety and security. Mother Victoria knew that every Nativity Eve, her family would eat with straw under the tablecloth, remembering the place of Christ's birth, and that made the event that much more memorable.

We don't just build our own nuclear family through keeping traditions, however; it is equally true that we are given the tools for building community within our parishes. One church's St. Nicholas night might be a high point in the year for the congregation, with an appearance from St. Nicholas or a play about his life, goody bags distributed in his memory, and the singing of traditional Christmas carols. It's not enough to celebrate the liturgy together, as central and foundational as that is. Today more than ever, in our disconnected and hectic culture, we almost need excuses to celebrate, or mourn, or pray together, in our church communities. Traditions give us the tools to do this.

Redeeming the Time

Kathleen Norris says in her book, *The Quotidian Mysteries*, "We want life to having meaning, we want fulfillment, healing, and even ecstasy, but the human paradox is that we find these things by starting where we are, not where we wish we were. We must look for blessings to come from unlikely, everyday places -- out of Galilee, as it were -- and not in spectacular events, such as the coming of a comet."

What do our days consist of? We rise and dress, perhaps say our prayers, feed our family, go to our work at home or in an office, break for lunch, pick up clothes at the cleaners, shop for necessities, prepare an evening meal, study for a test, talk on the phone, take a shower, and prepare for bed. While this cycle is also punctuated from time to time with drama -- a child wins an important award, a friend is diagnosed with cancer -- we must admit that most of our lives are made up of ordinary moments. But when we light a candle, or knead communion bread in our kitchen, sign a festal song in honour of a saint, or bless our loved ones as they leave us, we turn ordinary moments into sacramental ones. In this way, we can pray by doing, and remind ourselves and those around us that truly, the Holy Spirit is everywhere and fills all things -- it's just that we need to be reminded that this is true! We don't need to wait for the spectacular, such as a weeping icon or the visit of a patriarch, to redeem the time God has given us for this life. We can sanctify time each hour through keeping the traditions of our Church alive.

We must be deliberate and determined to repeat those things that have been given to us, and repeat them, and repeat them. Why? Because as humans, God knows we are so inclined to forget!

Our Lord has inspired the development of many of these traditions so that we might touch the eternal here now, in the mundane. Why go through so much trouble to make bread for church when it could be mass-produced, or we could just run to the store before church on Sunday morning? Many women who bake *prosphora* (communion bread) express how they sense the presence of Christ in the kitchen, as they mix flour, salt, yeast, and water, knead it, form it into loaves, impress the seal on the top, and wait for the break to bake while the fragrance fills the house. Here is a way to pray with our food ingredients, our hands, our ordinary activity -- prayer that is of the body and not just of the head.

"Each step we take forms us," relates an Orthodox mother. "We can move to the left or move to the right, and each path will present its own finish. The small, everyday traditions that we embrace help guide us down a straight path. Prayer in the morning brings refreshment. Blessing our children as they leave for school keeps the angels close to them whey they are far. Singing the Lord's Prayer together before meals, all of these things -- these supposed little things that we do each and every day, keep us straight in our way and provide for us and those around us a secure and familiar road leading toward heaven."

The Church Comes Home

Palm, Palm, Palm Sunday,
Kolio fish we eat today;
But when next Sunday comes around,
We'll eat the red-dyed eggs we've found!

- Greek Folk Verse

Isn't it a help as women -- mothers, godmothers, grandmothers, and aunts -- to have the artificial line between "the secular" and "the sacred" erased by the traditions in our Church? There are many practices that bring the church home for us, whether it's the food that we eat according to the calendar, the lamps that we light that resemble the ones by the icons in the sanctuary, the Holy Water we drink when we are sick or under stress, the nameday celebrations that we keep, or the censer we occasionally use that

makes our homes smell like church. We are not just asked to try to create a little church within the four walls of our houses, we are given all the help we need to do so. We have teaching tools at our disposal that involve all of the senses -- touch, taste, smell, sound, sight. Good teachers always use visual aids and encourage hands-on activities, and through the traditions of the Church we can do the same with our children.

Lest We Forget

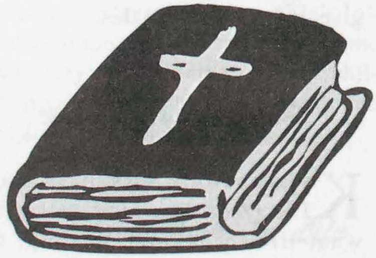
We are all seeds cast by the Sower, but as in the parable, we can become choked by the cares and worries of our lives until we are not producing anything of value. Keeping the traditions of the Church will help us remember God and keep Him at the center of our lives. This will not happen by accident. We must be deliberate and determined to repeat those things that have been given to us, and repeat them, and repeat them. Why? Because as humans, God knows we are so inclined to forget!

Kyriakos Markides, in his book, *The Mountain of Silence,* observed some monks and noted that the keeping of the traditional cycles was, literally, their salvation. "Evening vespers, the finale of the day's cycle, was to take place in an hour. After the service each monk would retreat to his cell and, before going to bed, engage in various spiritual exercises assigned to him...Everything was well-organized and cemented by long-established tradition. It was interesting to see these monks go through such ritual cycles without any complaints, when one takes into account that prior to dressing themselves in their black monastic robes they lived full lives in the secular world. They repeated these rituals day after day, year after year, without any sign of boredom...For Father Maximos the answer was simple: They found what they were looking for...so why leave?"

Father Alexander Schmemann worked for years with seminary students, and spoke of how easily the presence of Christ would get buried there, under "a thunderous downpour -- of information, reports, knowledge, discussion, etc. And all of these flow around us, never sticking to us, immediately pushed away by the next deluge. Man becomes a slave of his always growing work." The solution for him? "There is a need for rhythm, detachment, slowness," such as the keeping of traditions provides.

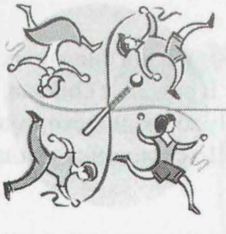
With Advent upon us, we have a great opportunity to begin, or to renew, our commitment to keeping traditions alive -- to honour our forebears in the faith, to build goodness and truth into the lives of those around us, to redeem our time, to bring the church home, and most importantly, never to forget that which is of eternal importance. Perhaps we might just pick one new thing to try this year, and then we will reap the joy of Christmas and discern its profound mysteries, as Sir Walter Scott describes in "Marmion":

The damsel donned her kirtle sheen;
The hall was dressed with holly green,
Forth to the wood did merry-men go,
To gather in the mistletoe,
Then opened side the baron's hall
To vassal, tenant, serf, and all....
Then came the merry maskers in,
And carols roared with blithe-some din;
If unmelodious was the song,
It was a hearty note, and strong.
Who lists may in their mumming see
Traces of ancient mystery.



"Who hated sin more than the saints? But they did not hate the sinners at the same time, nor condemn them, nor turn away from them... They suffered with them, admonished them, comforted them, gave them remedies, as with sickly members; and did all they could to heal them."

- Saint Dorotheos of Gaza -



For Our Children
Нашим Дітям

СВЯТИЙ ВЕЧІР

На Свят-вечір, красний вечір,
Ясна зірка в небі сяє,
І молитву шепчуть бори,
Десь таємний спів лунає.

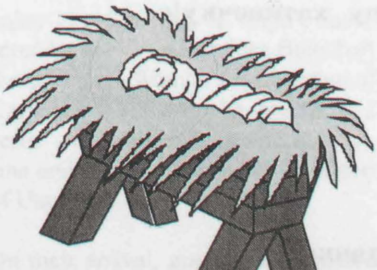
Українська дитина
Ніжно тулиться до мами:
- Нене, що то за новина?
Хто співає над поями?

- То Свят-вечір, мій соколе, -
Так, шепоче люба ненька:
- То звенять ангельські хори,
Бо вродивсь Ісус маленький.

За любов, за справедливість,
Це Дитя буде терпіти,
Всіх покривджених підійме,
Замість терня дасть їм квіти.

Замість нужди і неволі
Дасть Ісус добро й свободу,
І дарує кращу долю
українському народу!

Юра Ігорків



НОВА РАДІСТЬ СТАЛА

(коляда для дітей)

Нова радість стала,
Яка не булвала,
На Вкраїні зірка ясна
Світлом засіяла

Радуйтеся, діти,
По всій Укаїні,
Народивсь малий Ісусик
У яслах на сіні!

Три князі зі сходу
Й ангели небесні
Поклонились, прославили
Дитятко чудесне.

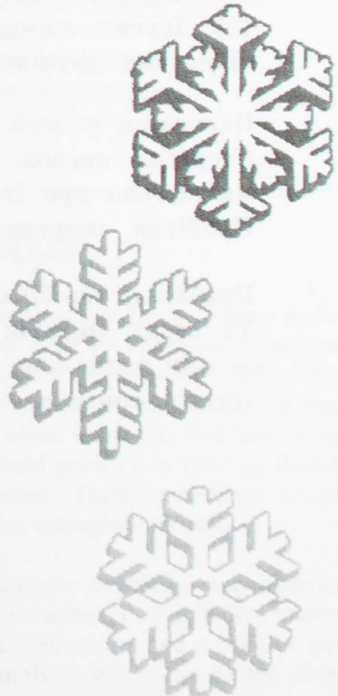
Українські діти
Скоро поспішали
Та й Ісусові дарунки,
Щиро дарували

(Промінь, січень 1982)

ЩЕДРІВКА

Щедрик - щедрик - щедринець!
Ой, який я молодець -
Прийшов посипати,
Забув зернят взяти . . .
Та маю в кишені
Гороху з півжмені.
Сію - вію жито
У зимі на літо.
Нехай Бог поможе,
Щоб все було гоже!
З Новим Роком будьте,
Мене не забудьте!

А. Перелісна



СПІВАНКА

Є у мене голосочок,
Як срібний дзвіночок;
Навчіть мене,
матусенько,
Рідних співаночок.

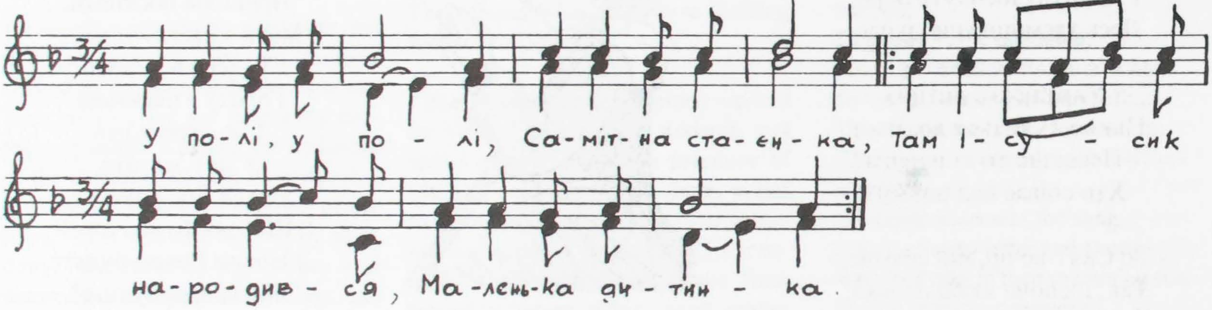
Навіть мене співаночок
Із рідного краю,
Легше стане на чужині
Як їх заспіваю.

Білі гуси, білі гуси,
Лебідки біліші;
Гарні чужі співаночки,
Та наші гарніші.

Як я наші співаночки
В садочку співала,
Чужі люди говорили,
Що скрипочка грала.

У ПОЛІ, У ПОЛІ

(Коляда)



У полі, у полі,
Самітна стаєнка,
Там Ісусик народився,
Маленька дитинка.

Пастушки у полі,
Стерегли овечок,
Як почули про Ісуса,
Прибігли скоренько.

Прибігли, прибігли,
Та стали питати:
— »Чи позволиш, Божа Мати,
Ісусові грати?«

Заграли, заграли,
Стали відходити:
— »Чи дозволиш, Божа Мати,
Ісуса просити?«

— »Ісусе маленький,
Межи пастушками,
Даруй щастя і здоров'я,
Для тата, для мами!«

— »Ісусе маленький,
Ти Божий Синочку,
Пішли щастя і здоров'я
В рідну хатиночку!«

— »Ісусе маленький,
Із Божого раю,
Даруй щастя, даруй волю,
Для Рідного Краю!«

Марійка Підгірянка

Громадська Хроніка
Community Events

UCC Extends Condolences on the Death of The Right Honourable Ramon J. Hnatyshyn

The Right Honourable Ramon J. Hnatyshyn P.C., C.C., C.M.M., C.D., Q.C. was an outstanding Canadian. He exemplified the fact that by hard work, perseverance and dedication, every Canadian, regardless of ethnicity, could reach the highest levels of civic and professional life. This is the promise and the reality of Canadian multiculturalism.

Mr. Hnatyshyn acknowledged and prided himself on his Ukrainian heritage. His father, the late Senator John Hnatyshyn and his mother Helen, were bastions of the Ukrainian Canadian community in Saskatchewan. As a member of the Federal Cabinet, Ramon Hnatyshyn was always ready to assist the community.

Mr. Hnatyshyn referred to his Ukrainian heritage at the ceremony when he became Governor-General. As Governor-General he paid an official visit to Ukraine - the first western leader to do so after Ukraine's independence in 1991 - and made a point of travelling to the village in which his father had been born. After leaving public life, Mr. Hnatyshyn maintained his interest in Ukraine and Ukrainian Canadian community life. Most recently, he had agreed to act as Patron of the Chair of Ukrainian Studies at the University of Ottawa.

"Canada and its Ukrainian Canadian community have lost a great leader," stated Eugene Czolij, President of the Ukrainian Canadian Congress. "Mr. Hnatyshyn's commitment to our country and his love of his heritage serve as examples to us all. On behalf of the UCC, I extend our deepest condolences to Mrs. Gerda Hnatyshyn and to all the family. May the memory of Ramon Hnatyshyn be among us forever."

For further information:

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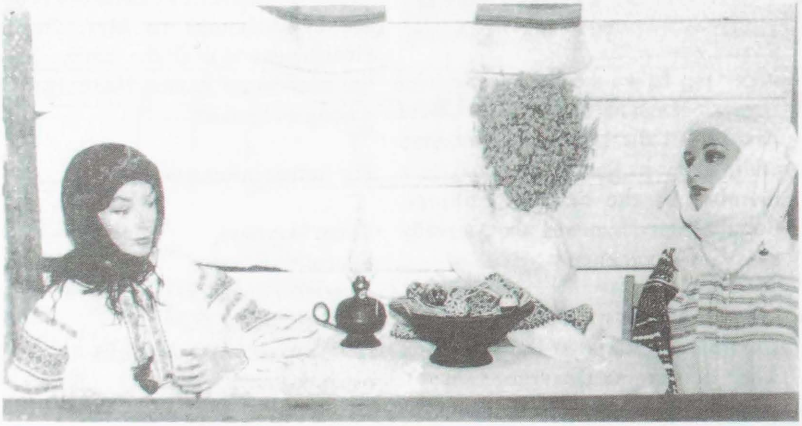
A Beautiful 'Evening in Volyn'

On October 26, 2002, a sold-out crowd gathered at the Ukrainian Orthodox Auditorium in Vancouver to enjoy 'An Evening in Volyn', sponsored by the Lesia Ukrainka Branch of the Ukrainian Women's Association of Canada. This was the fourth in a series of evenings featuring the cuisine and culture of a particular region of Ukraine.

On their arrival, guests were greeted by an official host and hostess. They were then led into the hall that had been artistically decorated by a team headed by Irina Chucko. The decor included an authentic, life-sized Volynian thatched-roof hut, complete with Volynian Easter eggs, 'rushnyky' and the ever-present storks of Volyn on the roof-top. Many of the decorative pieces for this display were on loan from the Ukrainian Museum of Canada, Vancouver Branch, along with several items from private collections. There was great attention to detail such as the individual napkin rings made out of braided, dried bread. Beautiful program cards adorned each table where the centerpiece was made of wheat stems that had been woven around glass vases holding floating candles. There were exquisite 'rushnyky' throughout the hall.

The dinner provided a range of delicacies and tastes from Volyn, starting with appetizers and a soup of pork dumplings in chicken broth. These

The Rozmaj Ensemble vocal group performed at the evening. Left to right: Mary Ann Pylypchuk, Elise Heard, Tania Mysak, Lydia Huzyk and Irina Chucko.



Two mannequins were placed inside the Volynian hut built for the occasion. The Volynian Easter eggs were especially painted by Shirley Stasiuk.

were followed by a grand Volynian buffet ending with a dessert of cheese-filled nalysnyky on raspberry sauce.

Two costumed figures also moved among the guests. They were Mavka and Lukash, the mythological forest nymph and the lovesick mortal fatally attracted to her. Mavka is most notably depicted in 'Lisova Pisnia' (The Forest Song) by the renowned author, Lesia Ukrainka, whose roots are in Volyn.

Through the evening, a musical program with a focus on the Volyn region added to the ambiance. The Rozmaj Ensemble of five female singers set the mood with a pre-dinner medley of songs, beautifully performed. Following dinner, guests were treated to a solo performance by Ruta Yawney who played the bandura and sang in both Ukrainian and English. It was a captivating performance. Rounding out the musical program were the Sopilka Ukrainian Dancers from Langley, a youthful and very talented group whose Volynian costumes and choreography delighted the audience.

A key item in the program was an audiovisual presentation by Tania Mysak. This colourful, big-screen 'picture tour' through Volyn highlighted the history, sights and cultural contributions of Volyn to the Ukrainian mosaic. The narrative text by Mysak was most informative and greatly appreciated by everyone in attendance.

Throughout the evening, thanks were expressed to the many volunteers who so generously assisted the Planning Committee Co-Chars, Tania Mysak and Irina Chucko. Master of Ceremonies, Audrey Sojonky, also thanked the guests for their very enthusiastic response to the event and invited to return for more programs like this in the future. It was truly an 'Evening in Volyn' to remember.

Submitted by Audrey Sojonky

Собор Св. Покрови у Вінніпезі допомагає потребуючим дітям в Україні

Марія Зайцев.

В газеті Український Голос із 16-го вересня 2002 р. появилась стаття Олени Перепада під заголовком „Першовересневий Смуток". У згаданій статті, авторка, з болем серця описує трагічне життя дітей-сиріт в Україні, які перебувають у специяльних заведеннях, інтернатах чи сиротинцях.

Спілкуючись з директорамиі робітниками цих осередків, авторка неможе повірити, що уряд України небачить потреби помочі таким установам а прямо ігнорує їх.

Прочитавши ту статтю, я рішила поділитись з думками авторки на сходинах відділу Союзу Українок ім. кн. Ольги при Соборі Св. Покрови у Вінніпезі до якого я належу. Після коротенької дискусії, присутні з глибоким співчуттям віднеслись до нещасної, прикрої долі діточок-сиріт і калік і вирішили цього року також простягнути дружню допомічну руку своїм братам і сестрам в Україні. Відділ кн. Ольги, як рівнож вся Соборна Громада небайдужі до люського горя, болить душа за бідних, скривджених державою і людьми беззахисних сиріт, калік і немічних.

На сходинах рішено доложити усіх старань, зібрати відповідні речі і чим скоріше вислати, щоб до свят Різдва Христового пачки були на призначених місцях потішити дітей, промінчик світла внести в їхнє незавидне життя.

За допомогою о. Ярослава Буцьори, Настоятеля Соборної Громади, в церковному Бюлетені поміщено оголошення і зроблено заклик про наш намір до членів громади. Спільними силами наше бажання нам вдалося перевести в життя. 11-го листопада до Соборної авдиторії зібралось коло 15 членкинь відділу кн. Ольги. Треба було побачити з якою радістю і зацікавленням вони розкладали на столи подаровані речі. Серце радувалось, спостерігаючи вдоволення на їхніх обличчах. Вони відчували, що своєю працею внесуть іскру надії і любові у безвиглядне життя забутих всіма сиріт і калік. Запаковано 17 пачок і за посередництвом Українського Голосу відправлено на 5 адрес поданих в кінці цього допису.

Сердечно вдячні всім, хто чим небуть спричинився до цього благородного діла, за тепле співчуття до ближніх, за гуменітарну поміч потребуючим. Дякуємо управі Недільної Школи, дякуємо Братствам - Покрови Божої Матері та Допомоговому Братству Св. Андрея Первозваного, дякуємо Краєвій та Провінційній Управам Союзу Українок Канади, як також поодиноким особам за Вашу фінансову підтримку. Без Ваших щедрих пожертв нам булоб тяжко покрити всі видатки пов'язані з висилкою. Дякуємо Всевишньому Господеві, що маємо таких жертвенних людей, які на кожний наш заклик, стають нам в допомозі.

На кінець дякую всім членам Соборної Громади, а спеціяльно членкиням відділу кн. Ольги на чолі з Даяною Бабинчук за невтомну працю для добра нашої організації, Укр. Православної Церкви та Українського Народу взагалі. Хай Милосердний Господь скріпляє Вас у повному здоровлі ще на довгі роки продовжувати це гуменітарне діло.

Подаємо адреси. Може знайдуться люди доброї волі і скористають з них:

Центр Соціяльної реабілітації Дітей
Смирнова Людмила - Директор
Київська обл.
Білоцерковський р-н
м. Узин
Київська ул. 13

Школа - Інтернат #1 Для дітей хворих на ДЦТ
Цукор Юрій Кирилович - Директор
м. Запоріжжя
вул. Котельникова, 16

Верхньодніпровський Дитячий Будинок Інтернат #1
О. Змієнко - Директор
м. Верхньодніпровськ
вул. Совєтська, 27
Дніпропетровська обл.

Неченіжинська допоміжна школа - інтернат
Волошенюк Катерина Степанівна - Директор
с. Печеніжин
Коломийський район
Івано Франківська обл.

Будинок Дитини
Грибан Тетяна Павлівна - Головний Лікар
Київська обл.
м. Біла Церква

Різдво

Нова ера почалася
Як Христос родився,
В бідних яслах в Вифлеємі
Бог наш воплотився.

Прославляйте ж рожденного
В рідній Україні,
Розкажіть про Нього правду
Там кожній дитині.

Нехай змалку навчаються
Бога шанувати
Й про Його Пречисту Матір
Гідно споминати.

Бо коли Христос удруге
На ту грішну землю зійде,
Він велику віру в Нього
У тих дітей знайде.

Наталка Турчмановий

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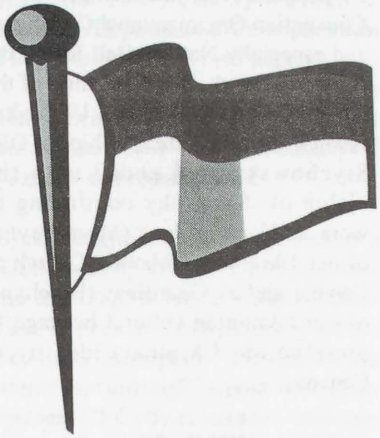
55th Convention of the Ukrainian Self-Reliance League of Eastern Canada



The 55th Convention of the Ukrainian Self-Reliance League of Eastern Canada took place in the premises of the Ukrainian Orthodox St.Vladimir Cathedral at 855 Barton Street in Hamilton, Ontario, from the 18th to the 20th of October, 2002. It celebrated the 2002 Year of the Youth by focussing on the theme "Our Youth is Our Future". Delegates and guests of the member organiztions of the League - Ukrainian Self-Reliance Association (TYC), the Ukrainian Women's Association of Canada (CYK), the Ukrainian Orthodox Youth of Canada (CYMK) and the Ontario Branch of the Ukrainian Museum of Canada of U.W.A.C.(Y.M.K.) participated, with 80 delegates and 18 guests in attendance.

The Convention commenced on the evening of Friday, October 18th, with registration in the auditorium of the Cathedral. The flag ceremony that followed marked the official opening of the Convention. The Canadian, the Ukrainian, the Provincial TYC, CYK and CYMK and the attending branches' flags were carried onto the stage where they were left for the duration of the Convention. Dmytro Spytkowsky (CYC and TYC President for Eastern Canada) as the head host and chair, welcomed all assembled and His Eminence Archbishop Yurij and the Very Reverend Archpriest Michael Skrumeda from Windsor, Ontario, gave blessings and led the opening prayer. Then followed greetings from the following national and provincial presidents in attendance: Michael Zaleshchuk (President of CYC), Sonja Bejzyk (President of CYK), Andrij Skrypniak (President of TYC), Adrian Harasymiv (Vice-Pres.of CYMK) and Anna Trojan (President of the Eastern Executive of CYK). Hamilton TYC hosted an elegant wine and cheese reception to conclude the evening.

The next day, Saturday, October 19th, registration continued. After a delicious breakfast hosted by the "Lesia Ukrainka" Hamilton UWAC Branch, the first General Session began. Troy Treleaven, a professional motivational speaker, led an interesting presentation on the topic " Life Is Created Through Conversation", with the audience participating, something new and different at our Convention. Following the coffee break, delegates went to their separate sessions till noon.

During lunch our guest speaker was Tanya Onyschuk (Chair of the Educational Council of the Ukrainian Canadian Congress of Toronto). She spoke very convincingly on "The Role of Children's Books in Education" and presented a large display of children's books for viewing / purchase.

After lunch followed a very interesting panel on " The Role of CYMK in Preserving Our Ukrainian Identity ". Orysia Sushko (Past National President of UWAC, Editor-in-Chief of Promin) moderated the sincere and positive presentations from the younger generation participants: Dr. Janice Kulyk-Keefer, Oksana Sushko, Andrij Skrypniak, Dr. Peter Kondra. The delegates were stimulated into a lively discussion on this topic and all left with optimistic feelings for their next organizational sessions.

The highlight of the Convention was the gala Dinner-Dance that Saturday evening. The guest speaker, Adam Shipowyk (Co-Coordinator for CYMK in Eastern Canada) gave an erudite and challenging view of the new CYMK, their aims and goals for the future. All were impressed by this young Ukrainian - Canadian leader with a very promising future - in politics or the diplomatic corps we hope. The Dr. Stephen Klimashko Scholarship was presented to Julia Strychowsky for her high academic achievements, her excellent work with the Hamilton Branch of CYMK and

for her impressive community contributions. She had a 92% high school average and is now attending McMaster University in Hamilton, Ontario, with the aim of becoming a medical doctor. Anna Trojan made a presentation to Marusia Wenger for her love and dedication as President of the Eastern Executive of CYK from 1997 to 2002. The Ukrainian Self-Reliance Association honoured their 50-year members for uninterrupted membership and dedicated work on behalf of the organization. Michael Zaleschuk and Andrij Skrypniak presented the 50-Year Pins and Certificates. Orest Sushko, a young Emmy Award Winner and a very accomplished musician, charmed all with his "Song of the Cymbaly", a most moving and delicate rendering of Ukrainian folk songs, played on a set of cymbaly built by his grandfather Paul Stepowy many years ago. For the assembled guests his music brought back many poignant memories of yesteryears.

Undoubtedly the highlight of the Dinner-Dance was a special guest-performer, the TV star of Air-Farce, Luba Goy. "Our Luba" gave an excellent comedy skit on her growing up Ukrainian in Canada and thrilled the sold-out audience. Many commented that "This is her best performance that I have ever seen". On her own insistence Luba came by bus and went home by bus, after signing autographs until the last bus for Toronto. What a performer! Our most sincere thanks, Luba!

The Dinner concluded with prayer by Very Reverend Archpriest Michael Skrumeda and blessing by His Eminence Archbishop Yurij.

The parallel organizational sessions took place on Saturday, both in the morning and in the afternoon.

The Eastern Canada CYK Sessions were attended by 30 delegates from U.W.A.C. Branches in Montreal, Quebec, and in Ontario from Oshawa, Toronto, Hamilton, Grimsby, St. Catharines, London and Windsor, and many guests. At the head table sat the National President, Sonja Bejzyk, former Eastern Executive Presidents - Marusia Wenger, Halia Scherbluk, Stephania Spytkowsky, Promin Editor-in-Chief and Past National and Eastern Canada President, Orysia Sushko, new Eastern Executive President, Anna Trojan, who opened the session and acted as chair, and two recording secretaries - Marta Cechosh and Maria Pohorecky. After bringing official greetings, Sonja Bejzyk presented the scheme for restructuring the National Executive and plans for the future of the organization that were discussed at the UWAC Conference in Winnipeg in July, 2002. Marusia Wenger, brought greetings as the Past president of the Eastern Executive. Delegates introduced themselves and briefly commented on the highlights of their branch work Orysia Sushko brought greetings and gave a report on our organizational magazine Promin. The President of the Ontario Branch of the Ukrainian Museum of Canada, Claudia Mykytiuk presented the report on museum activities during the last two years and the Board of Directors for the next two years. Natalka Kit presented the Resolutions from CYK for discussion and confirmation.

A very pleaseant highlight of the afternoon session was an exhibit and presentation from the Museum by Anna Procwat-Miner, of Ukrainian ritual wedding Rushnyky from Kyiv, Poltava and Kirovohrad regions in Ukraine and a magnificent Korovai from Zaporizhe, baked by Alexandra Tyshchenko of London, Ontario. The branch, flower and bird designs of these long magnificent rushnyky are based on the "Tree of Life" and are executed in a variety of crewel-work stitches (called rushnykovy styby) in predominantly red colours, although some have black stitches as well.

Anna Trojan concluded the session with thanks for the good work done by our Branches and our Museum, for the cooperation of all the members of the Convention Organizational Committee and especially Natalka Ball for all the secretarial work, for the hosting of the Convention by the "Lesia Ukrainka" Branch under the leadership of Olia Stychowsky, and ended with the vision of Souzanky continuing to work as Handmaidens (Myronosytsi) of our Ukrainian Orthodox Church of Canada and as Guardians (Berehyni) of our Ukrainian cultural heritage to preserve our Ukrainian identity in Canada.

Сесія ТУС, 55-го Зізду СУС Східньої Канади

Так як було сказано в загальному звіті, що з'їзд зачався в п'ятницю 18-го жовтня, а ТУС сесія зачався в суботу рано в 10:15, по першій точці сесії СУС.

Після формального відкриття Сесії ТУС, голова Дмитро Шпитковський попросив до Почесної Президії голову СУС Михайла Залещука й голову ТУС на Канаду Андрія Скрипняка. Вшанували померших членів відспіванням Вічна Пам'ять. До президії ввійшов голова Іван Юрійчук а секретарем Карло Шпитковський.

Потім Одобрення Комісій: Номінаційної, Резолюційної та Верифікаційної і одобрення програми сесії ТУС. Протокол з минулого з'їзду був розісланий відділам, а на з'їзді лише автоматично прийняли його.

Звіт Голови: Сказав, що льокально ми мали офіціяльно 12 засідань а не офіціяльних багато

більше. Відвідував відділи: Віндзор, Гемилтон, Торонто-Лонг Бренч, Ошаву-Скарборо, Оттаву й Монтреал, деякі відділи по кілька разів. Репрезентував Східню Управу ТУС на різних оказіях відділів ТУС, Союзу Українок Канади і Церковних. Співпрацював з Владикою Юрієм і молоддю.

Ми мали 5 писемних звітів від відділів. Ми їх помножили і роздали всім присутним.

Була дискусія чому решта членів з відділів не прибули? Було сказано, що один відділ мав 5 членів в шпиталі а решта слабували в дома. Головна дискусія: „Оживлення нашої організації" (дана нам Централею СУС) була цікава і залишилася до пообідної сесії. Голова ТУС на Канади сказав що вишле до всіх відділів по Канаді Пропоновані Зміни до статуту, щоб всі члени обговорили на своїх зборах і вислід думок післали до Централі ТУС якнайскорше.

Провінційна Управа лишилася та сама крім Секретаря, Карло Шпи тковський є новий секретар а Богдан Радиш є його заступник.
Успіх цього з'їзду був надзвичайно великий. Всі місця на бенкеті були розпродані. ТУС святкував 75-ліття свого існування. З'їзд нагородив членів які були членами ТУС 50 років відзнаками та грамотами. Чек стипендії Др.-а С. Климашка дістала талановита СУМК-івка Юлія Стриховська з Бурлингтону. Слідували концертові точки: Люба Ґой розвеселяла публику своїми жартами а Орест Сушко своєю грою на цимбалах. Слідував танець для молоді й старших.

* * *

The Convention activities concluded on Sunday, October 20th. On the steps of the Cathedral, before the Hierarchical Liturgy, His Eminence Archbishop Yurij was greeted by Very Reverend Archpriest Michael Skrumeda, by John Jurychuk (President of the Cathedral Council), by Olia Strychowsky (President of the "Lesia Ukrainka" CYK Branch in Hamilton) with a ritual bread and salt of welcome on a beautiful embroidered rushnyk in her hands and by rows of Jr. and Sr. CYMK members in embroidered Ukrainian shirts, with a bouquet of flowers for His Eminence.

After lunch in the Cathedral Hall, all had the pleasure of hearing His Eminence Archbishop Yurij speak on "Ukrainian Ambition in Canada", with special focus on our inherent need to belong to a religious and to a national group, because we now live in an era when the "clash of eight civilizations", according to Professor Huntington, bent on remaking the world order, threatens the identity of all men on Earth. It is therefore of paramount importance for our organizations to preserve the Ukrainian identity of our youth. All found his Emminence's presentation stimulating and thought-provoking. At the end the new Eastern Executives of U.W.A.C., headed by Anna Trojan, and U.O.Y.C., headed by Mychailo Rositsky, were presented. Dmytro Spytkowsky (President of the U.S.R.L. of Eastern Canada) thanked all participants and organizers of the Convention and announced that the 56th CYC Convention in 2004 will be held in Toronto.

After the closing prayer, all joined hands and sang "De zhoda v rodyni ". It was a good Convention.

S. Stasiuk
A. Trojan
B. Radesh

Imagine that!!!

Unlike many humans, Preta the dog goes to church every Sunday, even walking 16 miles to get there. Every Sunday for the last three years the pooch has headed out of her owner's home in the northern Portuguese town of Sobrado at 5 a.m., reports the newspaper Correio da Manha. A former stray, Preta (Portuguese for "black") walks alone to a church in neighboring Ermesinde to take her usual place next to the altar in time for the 7:30 a.m. mass. Whenever worshippers stand up or sit down, Preta does the same. Once mass is over, the dog usually walks back home. Sometimes Preta will return in a car, but only with a human she knows. Congregations have grown at the church as many people come just to see the dog. (Reuters, http://www.reuters.com/)

You Used the Time to Make a Difference

Standing: Karen Fraser. Seated left to right: Eugenia Mielniczuk, Helen Raycheba, Ollie Sawchuk

Ontario Ministry of Citizenship Honours Member of Toronto's Knahyna Ol'ha Branch, Ukrainian Women's Association of Canada, for Volunteer Services Since Age 65

Helen M. Raycheba, C.M., a member of the Ukrainian Women's Association of Canada for more than 60 years, was one of 22 Ontario citizens honoured recently by the Ontario Ministry of Citizenship. In a September 30, 2002, ceremony held in the foyer of Queen's Park, the Province's Legislative Building, Helen was presented with an Ontario Senior Achievement Award by James K. Bartleman, Lieutenant Governor of Ontario, and The Honorable Carl DeFaria, Minister of Citizenship and Minister Responsible for Seniors. "The common image of retirement -- taking it easy and letting go of responsibilities -- is not for you," said Mr. Bartleman. "You used the time to make a difference." "You have shown us what it means to care," said Mr. DeFaria. "You have shown us age is not a barrier to realizing major achievements."

Helen was nominated on the initiative of Eugenia Mielniczuk, President of the Knahyna Ol'ha Branch, Toronto, and with the support of Branch members. Sonja Bejzyk, National President of the Ukrainian Women's Association of Canada, Winnipeg, and Karen Fraser, Past President of Women Entrepreneurs of Canada, Toronto, wrote letters of support. "I'm very grateful to Eugenia Mielniczuk for nominating me and to Sonja Bejzyk and Karen Fraser for their wonderful testimonials," said Helen in an interview after the ceremony. "I also wish to thank all the members of the Knahyna Ol'ha Branch for their support and friendship. They are a dedicated group of women who deserve our gratitude for their loyalty, hard work, and commitment to their Church and community."

The Awards ceremony opened with an address by Mr. Bartleman, who also brought greetings from Her Majesty the Queen. Mr. DeFaria followed with his own remarks and read citations describing the outstanding contributions each of the 22 recipients had made to their communities. Mr. Bartleman and Mr. DeFaria then presented framed plaques as a memento of the occasion. All of the recipients, who were honoured for volunteer contributions since reaching the age of 65, were interesting individuals with fascinating life stories.

Helen, who received the Order of Canada for volunteer contributions in 1993, was acknowledged for her many contributions over a number of years, particularly in the field of human rights through her work on behalf of Amnesty International. A woman from Lakefield was honoured for co-founding and helping to operate a support service to help seniors stay in their homes. A Toronto man was honoured for spearheading fundraising to construct a suicide barrier on a major bridge in downtown Toronto. Another recipient, blind from birth, earn two university degrees while also single-handedly founding and running a support service for Finnish-speaking seniors, also in Toronto. A retired professor of chemistry, who immigrated from Pakistan at age 62, took charge of educational programs and headed the counselling service for Toronto's Ahmadiyya Muslim Community. The oldest recipient was 91, still active in her community, and proud of her Native heritage. She surprised and delighted the audience by giving an impromptu lecture on the history and contributions of Aboriginals to Canadian society.

After the ceremony, the recipients and their guests were invited to a charming reception in The Lieutenant Governor's Suite at Queen's Park. As the Avondale Ensemble string trio played, the recipients and their guests enjoyed the elegant surroundings and the opportunity to meet members of the Selection Committee: Shirley Dmytruk of Washago, Sylvia Hall, Zul Kassamali, and Dr. Eric Miller, all of

Toronto; and Ollie Sawchuk of Thunder Bay. Each recipient was permitted to invite up to six guests. Helen chose Eugenia Mielniczuk and Karen Fraser, who were instrumental in the nomination; Anne Moskaluk, a friend who is also a member of the Knahyna Ol'ha Branch; and three of her children, Sylvia Shortliffe, John Raycheba, and Marion Raycheba.

Submitted by Marion E. Raycheba

Престіжне відзначення Галини Райчеби, членки Союзу Українок Канади, відділ ім. св. кн. Ольги в Торонті

Паню Галину Райчебу я запам'ятала коли перший раз побачила її в телебаченні в 1993 р. Тоді то гарна, скромна пані була нагороджена Генерал Губернатором Канади дост. Рой Гнатишиним найвищим відзначенням Канади - Order of Canada. Цей орден був наданий їй за велику, невтомну працю на громадській ниві. Це високе відзначення не тільки не призупинило а було мабуть ще більшим стимулом для неї до дальшої суспільної праці.

Обсяг її заходів, зокрема публікацій це справжня груба книжка, котру треба перечитати, щоб зрозуміти що ця людина повсякденно діяла, властиво боролась за справедливість, за ідеї, котрі можуть зробити життя людей кращим. Багатьом трудним справам нашого життя присвячує вона увагу, свою дільність.

Останнім часом це є справа охорони здоров'я в Канаді. Її ціль в тій ділянці це: зупинити приватизацію медична опіка повинна бути така сама для усіх: бідних і багатих. Життя людини це найвищча цінність! Організувала, збирала підписи, писала, висилала петиції і листи до комісії здоров'я очолюваної дост. Рой Романовим.

Виступає в обороні прав людини. Вже довгі роки пише листи, письма до Міжнародньої Амністії. Писала статті, збирала підписи в обороні Івана Демянюка, в оборні жінок в Україні, других країнах де існує приниження, експлоатація.

Писала статті в обороні навколишнього середовища, українських церков, музеїв.

Довгі роки Галина Райчеба була членом Централі Союзу Українок Канади, співпрацівницею-кореспондентом журналу Промінь, членкою Канадської Жіночої Ради, була і є активною членкою відділу ім. св. кн. Ольги при Катедрі св. Володимира в Торонті. Управа СУК відділу ім. св. кн. Ольги мала велику честь виступити з внеском до Уряду Онтаріо надати п. Галині Райчебі спеціяльне відзначення *Seniors Award* за її понад 60-літною праці на громадській ниві.

Також піддержала це звернення Голова Централі Союзу Українок Канади - Соня Бейзик і Karen Frazer бувший Директор *Women's Entrepreneurs of Canada*. Спроміж більш як 120 зголощених внесків з провінції Онтаріо, 22 було вибрано до нагороди. Поміж відзначеними є Галина Райчеба.

Врочиста церемонія відбулась 30 вересня 2002 р. в Онтарійському Парламенті Queens Park в Торонто. До нагороджених і їх запрошених гостей з привітом від королеви Єлизавети II зі словами признання звернувся Lieutenant Governor of Ontario James K. Bartleman і достойний Carl de Faria - міністер громадянства і відповідальний за справи сіньорів. Дано признання тим, котрі не зважаючи на свій вік, нерідко проблеми зі здоров'ям допомагають другим людям в різноманітних потребах. Досягнувши віку 65 літ для богатьох це означає відпочинок, а для вас наполегливу працю для добра других. Ви доказали що це означає дбати про других людей. Ви доказали це, що вік не може бути перешкодою до того щоб робити добро?

Кожному нагородженому було дане признання через відчитання перебігу його діяльности. Кожен одержав гарно виготовлену, оправлену в рамках грамоту. Після врочистої церемонії усі присутні були запрошені на елегантне прийняття з вином, кавою і смачними перекусками. Приємний настрій підтримувала група музикантів Avondale Ensemble.

Зворушена п. Райчеба дякувала усім присутнім, запрошеним своїм гостям-дітям, приятелям, скромно підкреслюючи, що надане її признання, це також признання для усіх, котрі з нею співпрацювали, піддержували її проекти. Вона завжди мала зрозуміння і підтримку членок відділу ім. св. кн. Ольги і Централі СУК, за що вона є вдячна.

Щиро вітаємо п. Галину Райчебу з тим престижним відзначенням і міцно бажаємо ще довгі роки працювати на громадській ниві для добра нашої української громади, для загального добра ще багато разів випити з нами горнятко кави чи келих вина.

Євгенія Мельничук

UCC and UCCLA present a Proposal on Internment to Minister of Canadian Heritage

Front, l to r: Andrew Hladyshewsky, The Honourable Sheila Copps, Orysia Sushko, Back, l to r: Lubomyr Luciuk, Paul Grod

During Canada's first national internment operations of 1914 to 1920, Canadians of Ukrainian and other European ancestries were imprisoned, had assets confiscated, were disenfranchised and subjected to various other state sanctioned censures. These government policies were the result of wartime xenophobia, ignorance and prejudice.

The UCC and the Ukrainian Canadian Civil Liberties Association (UCCLA), along with the Ukrainian Canadian Foundation of Taras Shevchenko (UCFTS), have agreed to submit a joint proposal to the Federal Government concerning Canada's first national interment operations.

On December 2, 2002 in Hamilton, UCC's First Vice-President, Paul Grod, UCCLA's Director of Research, Prof., Lubomyr Luciuk, UCFTS President, Andrew Hladyshevsky, Q.C. and the President of the UCC Ontario Provincial Council, Orysia Sushko, presented this joint proposal to the Honourable Sheila Copps, Minister of Canadian Heritage.

The proposal calls on the Government to engage in a process of reconciliation and to provide an accounting of present-day value of the internees' labour, and the present-day value of that portion of their confiscated wealth which was never returned. The arbitrated amount would be transferred to the UCFTS, in the form of a designated fund to be known as the Ukrainian Canadian Reconciliation Fund. This endowment shall be used for undertaking research and developing educational materials about the internment and human rights, establishing four permanently endowed scholarships, one each in the Social Sciences & Humanities, Law, Education, and the Arts and subsequently, to further the goals of the UCFTS.

Furthermore, the joint proposal calls for:

· the establishment of a permanent museum in Banff National Park, providing park visitors with information about Canada's first national internment operations;
· completing the installation of trilingual historical markers at all of the 24 Canadian internment camp sites;
· the establishment of a trilingual historical marker in the Parliament Buildings in Ottawa about the Internment to highlight the importance of human rights to all Canadians; and
· Canada Post to issue a series of six commemorative stamps recalling Canada's first national internment operations.

"The meeting with the Hon. Sheila Copps went very well," according to Paul Grod. "She was very receptive and supportive of our internment proposal. Furthermore, arrangements were made for follow-up meetings with the Minister, the Secretary of State for Multiculturalism, and senior officials from Canadian Heritage, Parks Canada, and Canada Post. Minister Copps has agreed to take this proposal to the Prime Minister. It is also important to mention that our delegation has been discussing with Honourable Jean Augustine, Secretary of State for Multiculturalism, who has also been supportive of our Internment proposal."

For more information, or for a copy of the proposal, contact the UCC.

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A Special History Project for Regina UWAC

Kira Olfert
Regina Sun Community News

This year marks the 75th anniversary of the Ukrainian Women's Association of Canada Daughters of Ukraine Branch, Regina.

But preparations for celebrations have been going on for five years now.

That was when Natalie Ostryzniuk, then president of the Regina club, started wondering what they should do to celebrate. Of course, there would be a supper - that went without saying - but was there anything else, anything longer lasting that could be done?

That's when Ostryzniuk had a thought. Why not write a book to commemorate the 75 years of accomplishments of the UWAC in Regina?

The UWAC Regina branch was founded in 1927 by Katherine Pukish and Eugenia Kozar. It was one of seven originating branches in Canada, and started with 29 women.

In the early years, the organization had many purposes. The main one was to offer a social outlet for these women, many of whom were new arrivals in Canada. Beyond that, the club's purposes included education and encouragement. According to Ostryzniuk, the UWAC taught and supported its members in their attempts to be good mothers, good homemakers and good Canadian citizens. These women could then in turn teach and support their children to love their culture and heritage at the same time as they taught them to love their new home.

The UWAC also had a library, and gave its members the opportunity to discuss day-to-day things, such as cooking and needlework.

In later years, as its membership came to include those born and raised in Canada, the UWAC no longer needed to place such emphasis on helping members assimilate into a new culture, and it came to be more of a social club with a focus on the preservation and promotion of the old, or Ukrainian, culture.

To this end, the club places importance on the language, the arts, and, of course, the food of the Ukrainian people. And naturally, says Ostryzniuk, religion is also an important part of the club.

These were the stories Ostryzniuk thought should be told. She raised the issue at the next UWAC meeting and asked what people thought of the idea.

UWAC member Sonia Bremner thought the idea was "wonderful, but I was also overwhelmed. How do you put 75 years of history into one book?" And who would do it?

According to Bremner, Ostryzniuk was the "obvious choice," as she already had a Master's Degree in history, with a thesis about the first female Ukrainian activist in Canada. Certainly Ostryzniuk had the grounding in research and organization the project would require. In fact, she had already made up her mind that she would take on the book if no one else volunteered.

Not that Ostryzniuk would be left completely on her own with the undertaking. A vital part of the information she would need to research, the minutes of 50 years of meetings, were largely written in various dialects of Ukrainian. Fortunately, Iryna Deck has just moved to Regina from Kyiv, Ukraine, and agreed to do the translations. The task took two and a half years.

A committee of five women was set up to assist Ostryzniuk. These women, Evelyn Korpus, Aileen Pil-

lipow, Bremner, Gwen Warynca and Marjorie Dumanski, helped research past and present members and arranged for photographs. But still, Bremner says they were "very fortunate" to have Ostryzniuk in charge of the project.

The book was a family affair for Ostryzniuk, as one of her sons designed the cover and another edited the book.

According to Ostryzniuk, the most difficult part of writing the book was deciding how to organize it with so much information to choose from. She finally decided to tell the story decade by decade.

Bremner believes that working on the book was "like a passion" for Ostryzniuk. Ostryzniuk confirms she "greatly enjoyed" the project. It would seem as if she couldn't leave it behind, even when she tried. Needing a break from everything, Ostryzniuk and her husband took a vacation to see their son who lives in Ukraine.

After five years of work, *75 Years of Service, Friendship and Commitment* was unveiled at the club's 75th anniversary celebration on September 29th, 2002, which was also attended by the

Author Natalie Ostryzniuk and Sonia Bremner with a copy of
75 Years of Service, Friendship, and Commitment

UWAC national president and provincial executive.

Along with a history of the club, the book also has information on past executives and committees and charitable contributions and profiles of present club members. Bremner and Ostryzniuk both say the membership, who will all receive a book, were "pretty excited" about the book being done. And Ostryzniuk herself is "quite pleased" with the book, but "relieved" that the project is over.

Anyone wishing to purchase a copy of *75 Years of Service, Friendship and Commitment* can do so for $10 at the office of the Ukrainian Orthodox Church of the Descent of the Holy Ghost at 1920 Toronto Street in Regina.

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Галя Щерблюк, Крайова Референтка Променя
Helen Scherbluk, National Promin Convenor

UWAC and Promin Extend Condolences on the Death of the Right Honourable Ramon J. Hnatyshyn

Mrs. Gerda Hnatyshyn
c/o Rideau Hall
1 Sussex Drive
Ottawa ON K1A 0A1

Dear Mrs. Hnatyshyn,

The Right Honourable Ramon J. Hnatyshyn P.C., C.C., C.M.M., C.D., Q.C., was an outstanding Canadian, who loved and served Canada in many extraordinary and significant capacities. He was an exemplary statesman and a model politician, who always served with pride and dignity. He in turn was respected and loved by all who had the privilege of knowing him.

He never forgot his roots and always demonstrated great pride in his Ukrainian heritage. His parents instilled in him a deep love for this heritage. His father, the late Senator John Hnatyshyn set an exceptional example for him to follow. His mother, the late Helen Hnatyshyn, was an active member of the Ukrainian Women's Association of Canada and a subscriber of the journal Promin.

The Ukrainian Women's Association of Canada and the Editorial Board of Promin extend our deepest condolences to you and all your family. Along with all other Canadians, we mourn the passing of this great leader and friend to many.

May his memory be eternal!

Sonja Bejzyk, National President,
Ukrainian Women's Assoc. of Canada

Orysia Sushko, Editor-in-Chief,
Promin

Renovations at our Cathedral - St. Volodymyr's, Toronto

Any time we have had to do home renovations, we realize how absolutely disruptive the event is, and how the incumbent confusion changes our lives, and how we have to readjust our ways to the new environment.

From the initial renovation plans, which began back in 1980, the project planning and re-planning was finally approved by our Church Membership in 1998 as **Project 2000**. With all projects or renovations, Murphy's Law (if something will go wrong, it will) must also be accommodated. "404", one of Canada's most famous Ukrainian addresses, was condemned, and with no insurance possible, it had to be demolished. "406" had to be remodeled first to facilitate our Ukrainian Schools and our Church Administration. Our Building Committee had to go through countless permit applications, and even after approvals, countless inspections by building, plumbing, electrical, structural, sewer departments. Finally, **Project 2000** was completed in 2002. We are sure that some things may have been done a little differently, but after all the hammering, dust, sawing, sanding and endless consultations required, the end results are awesome. Even the elevator works!

This all demands a complete transformation of oneself. With the advent of the New Year, there must be a deeper stirring in our souls. More is demanded than just New Year's Resolutions that are filled with good intentions. With this change, the deep profound depths of our souls demands us to rise above our present selves to the higher level that we hold for ourselves within us. The mere current popularity of spiritual things as a fad, is not enough. We must realize we can be better than we are. The renovations of our Cathedral premises demands more from us. It is more than merely religious, it is the Divine Spirit within us that also demands us to "renovate".

Renovations need tearing down, changing ideas and reconstruction. All transformation comes with sacrifices and pain. Just ask our hard working Church Council.

Now, we have noticed a great renovation. Everyone is getting excited. It is more than just a cosmetic change and re-arranging. It is our deeper spirituality that is stirring us to a true renewal of our Faith and Beliefs. May God give us this opportunity to serve and love, and may the New Year be truly a year of our renovation.

Your brother in Christ,
William Sametz

We are forwarding donations to the Promin Press Fund as an everlasting wreath in memory of Anna Hrycyk of Hamilton, Ontario, who passed away in December of 2002. Our deepest condolences are extended to her husband Nick and children John and Bonnie and all of her family. Vichnaya Pamyat!

Halia Lypka, Hamilton ON $50.00
Orysia Sushko, Hamilton ON $50.00

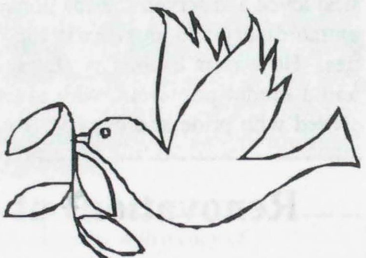
The enclosed donation is in memory of the late Anna Hrycyk of Hamilton, Ontario who passed away in December of 2002. My deepest sympathy goes out to her husband Nick, children John and Bonnie and her entire family. May her memory be eternal!

Nadia Strathdee
Burlington, Ontario

Please accept our donation of $75.00 to the Promin Press Fund in fond memory of our departed members:
Martha Lazarowich
Alice Zaleschuk
Dr. Savella Stechishin

All three women were faithful leaders and very supportive members of our Olha Kobylianska Branch of the UWAC. Eternal memory!

The members of the Olha Kobyliansky Branch, Saskatoon, Sask.



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Recipes

The dearly remembered Savella Stechishin published "Traditional Ukrainian Cookery" in 1957. The following is excerpted from the 17th edition (1991). We are grateful for Mrs. Stechishin's everlasting impact on Ukrainian culture in Canada, especially in the area of Ukrainian culinary arts.

* * *

Geographically, Ukraine is ideally situated to please her fish loving population. An outlet to the Black Sea on her south border and two large rivers in the interior, Dnieper and the Dniester, with their numerous tributaries and rivulets, provide an always abundant supply of sea and fresh-water fish. It is not at all surprising that Ukrainians have developed a fondness for fish.

Chroniclers of the 16th and 17th centuries give almost incredible facts about the plenitude of fresh-water fish in Ukraine in those days. This is well illustrated in the following quotation from a book by a Lithuanian traveler who visited Ukraine in 1550 (*Ukraine in Foreign Comments and Descriptions,* V. Sichynsky):

"Dogs are fed with the meat of wild beasts and with fish, because the rivers are filled with immense quantities of sturgeon and other fish... Therefore many rivers are called 'golden', especially Pripet, which at one place near Mozyr at the mouth of the Rura River (Ubort), during an influx of fresh water from the sources at the beginning of March, is filled with such a big quantity of fish, that a spear thrown into the river stands upright, as if pushed into the ground. I would not have believed this, had I not seen for myself how the people fished and in one day loaded about 1000 wagons belonging to merchants, who come every year at the same time."

Another chronicler of the 17th century tells us that he was present when a single throw of the net at the mouth of the Orel brought 2000 fish to light of which the smallest was one foot long.

The former wealth of fish in Ukraine is only a reminiscence today. Fishing, however, still remains an important industry. Commercial fishing is carried on mostly on the high sea, in the river-mouths, and in inland waters. Enterprising Fish Companies (Artili) with their freezing, smoking, and canning plants are doing a thriving business.

Fishing is an enjoyable sport in Ukraine. Quite often field workers take a short break from work to fish in a nearby river. Young boys of school age make their pocket pennies by selling live crayfish (or crawfish) popularly called "river lobster" or "crab" (rak) for which there is a great demand because it is considered a rare delicacy. It breeds in plenitude in the underwater crevices of river banks. Crayfish is a species of shell fish about three times as large as a shrimp. Some crayfish are found in the rivers of the USA but not in the same abundance as in Europe. According to ichtyologists, the glaciers, sweeping over the North American continent during the ice age, have destroyed the

crayfish in the northern regions, leaving only a few survivors in the south. The European crayfish fortunately escaped this tragedy.

Sturgeon, the roe of which makes excellent caviar, is preferred to all other fish because of its tender flesh and small bones. Many specialty dishes are made from it. Other fish such as trout pickerel, and carp are also highly prizes by fish gourmets.

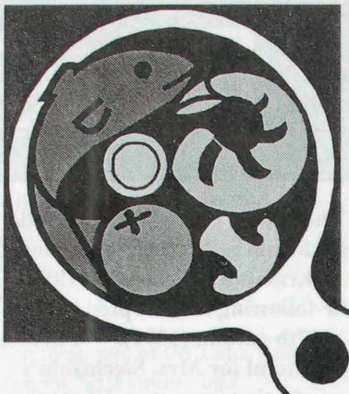
Markets in Ukraine abound in a wide range of smoked and canned sea and fresh-water fish. The least expensive and always available is the salted herrings. The Lenten season is strictly observed by Ukrainians, and the heavy demand for fresh fish is supplemented by, or replaced with, herrings. They are prepared in many different ways to suit the family needs, but pickling is the most common method.

Ukrainians throughout the world celebrate Christmas Eve (Svyat Vechir) in a solemn way, and the evening meal consists of twelve traditional meatless dishes of which at least one must be fish. For this special occasion the fish is prepared in a more elaborate manner than for other days. It is usually served cooked whole as a hot dish with an appropriate garnish and sauce, or it may be jellied.

Fish in its many varieties is a nutritious food. It is rich in protein and minerals.

In buying fish, select one that has a firm flesh, bright bulging eyes, and red gills. The flesh should leave no impression when pressed with a finger. A fish that is not fresh will have dull and sunken eyes. The odor, too, is a good indication of freshness. There should be no unpleasant, strong fish odor.

Fish requires a short cooking period. Overcooked fish loses its delicate flavour. Fish is thoroughlly cooked when the flesh flakes easily when tested with the point of knife. To bake a fish, use a hot oven for best results.



Baked Stuffed Fish

(Начинювана печена риба)

A 3-pound fish
1 medium onion, chopped
1/2 cup diced celery
1 cup sliced mushrooms
1/2 cup butter
2 cups soft bread crumbs
2 tablespoons chopped parsley
1/4 teaspoon savory seasoning
2 tablespoons water
Salt and pepper

A baked stuffed fish makes a decorative and attractive dish for any occasion but especially for the traditional Christmas Eve "Svyata Vechera" (Holy Night supper) at which meatless courses are featured. Replace the butter with cooking oil when preparing the fish for the Christmas Eve festivity.

Scale, remove the entrails, and wash the fish. Sprinkle lightly with salt inside and outside.

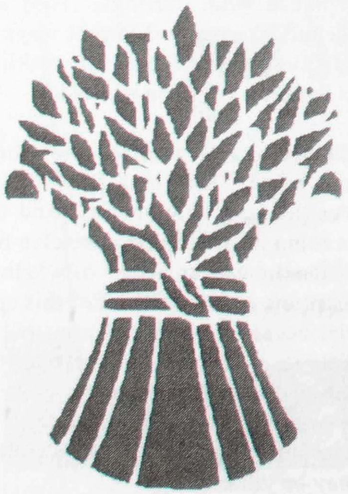
Prepare the stuffing by cooking the onion, celery, and mushrooms in the butter until tender. Combine with the remaining ingredients. Season to taste.

Fill the fish cavity with the stuffing. Sew the opening with a needle and coarse thread. Brush the stuffed fish generously with soft butter or oil, coat it with flour, and sprinkle with paprika.

Cut 3 or 4 gashes in the skin on both sides of the fish to prevent cracking. Place the fish in a pan lined with greased paper. Dry-fleshed fish should have slices of bacon or salt pork placed over the gashes, unless it is to be used for the Christmas Eve meal. Oily-fleshed fish needs no additional fat.

Bake in a hot oven (450F), allowing 10 minutes per inch of stuffed thickness. Baste it several times with a mixture of 2 parts of water and 1 part of butter or oil. Place the fish on a hot platter and remove the thread.

Garnish with sprigs of parsley and lemon slices. Serve with any favourite fish sauce.



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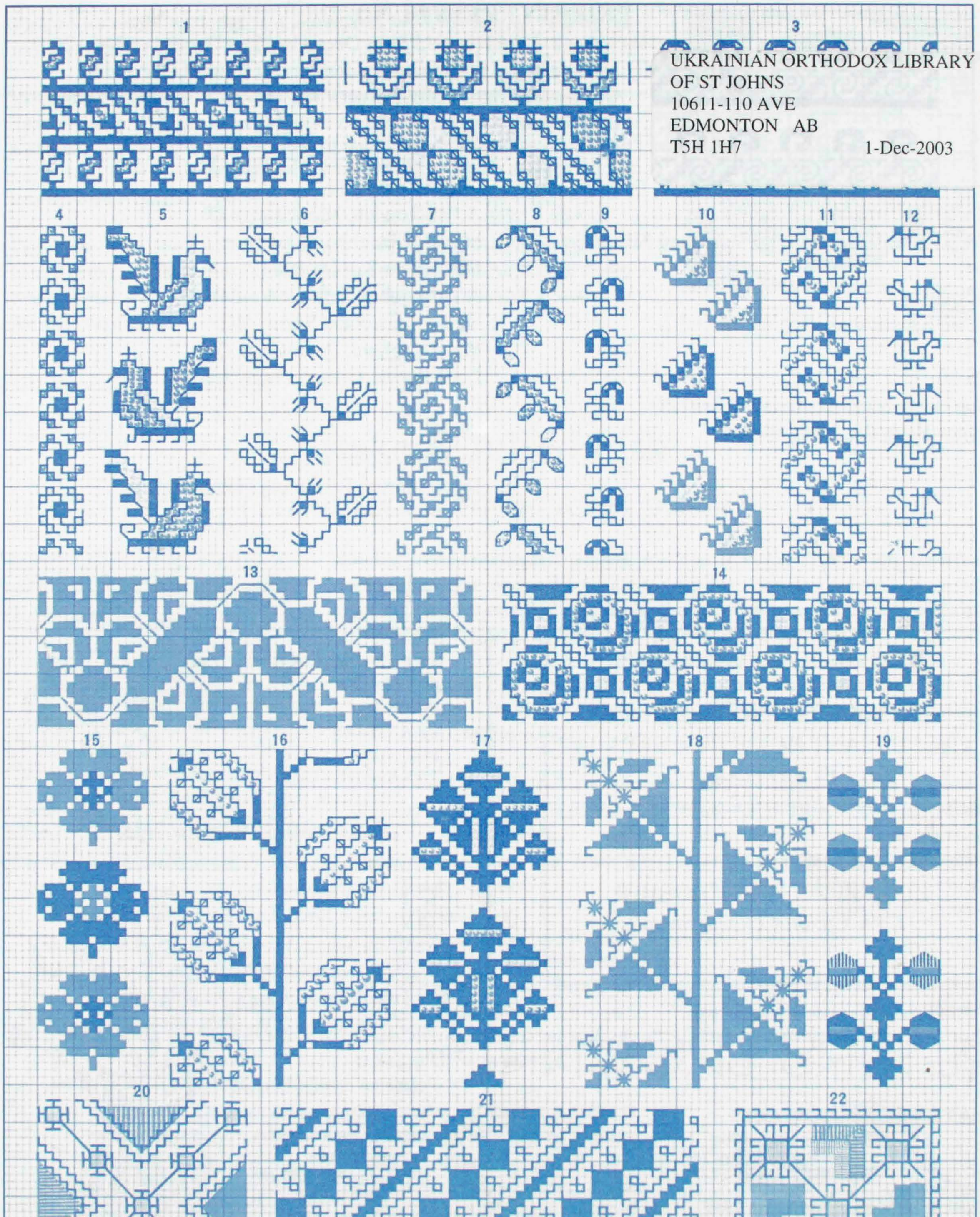

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